

How Coachable Are You?

1. I am fully responsible for my own life and the decisions I make.
Yes No
2. There is a gap between where I am now and where I want to be.
Yes No
3. I am willing to stop or change the self-sabotaging behaviors that limit my success.
Yes No
4. I am willing to try new concepts even if I'm not sure they will work.
Yes No
5. I keep my word and promises to myself and others without struggling.
Yes No
6. I have the support I need to make big changes in my life.
Yes No
7. I am willing to do the work required.
Yes No
8. Coaching is the appropriate discipline for the changes I want to make (as opposed to therapy, medical treatment or 12-step programs).
Yes No
9. I can be relied upon to be on time for all calls and appointments.
Yes No
10. I will speak straight and tell the whole truth to the coach.
Yes No
11. If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it and ask that I get what I want and need from the relationship.
Yes No
12. I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.
Yes No

If you answered no to three or more of these questions, coaching will probably not be effective for you. Once you have addressed these issues, you will be ready to begin.